



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SPLASH INTO FITNESS

WATER EXERCISE

Cumberland Cape Atlantic YMCA

Summer Session: June 24 - August 15, 2024 (8 weeks);

(No Class Thursday, July 4—7 weeks)

Class Options:

- ⇒ **Aqua Barre:** Resistance based workout to improve coordination, strength, posture and balance in shallow water
 - Monday 10:15 - 11:00am OR Wednesday 11:15am-12:00pm
- ⇒ **Deep Water Exercise:** Cardio and stretch workout with a exercise belt in deep end; must be able to swim in water over your head
 - Monday, Tuesday, or Thursday 9:15-10:00am
- ⇒ **Shallow Water Exercise:** Cardio and stretch workout in shallow water
 - Tuesdays and Thursdays 10:10-11:00am OR Tuesdays and Thursdays 11:10-12:00pm
- **Aqua Zumba Exercise:** Look for an alternate class option this Summer; more info to come
- **Pool Volleyball:** Come play a fun pick up style game with your Y friends and other members! Free to facility members! No registration required. Wednesdays 10:00-10:45am

Registration dates and Fees

Facility Members: Registration begins June 3 - FREE

Program Members: Registration begins June 10 - Fees:

- Shallow, Aqua Barre or Deep Water Exercise -
 - \$88.00 (2 X per week) OR \$44.00 (1 X per week)
 - \$83.00 (Thurs—15 classes) \$39.00 (Thurs—7 classes)

- ⇒ In an effort to make classes accessible for as many members as possible, please register for only 2 time slots/class days of water exercise classes. Please know the Y is still looking to add more class time options as instructors become available!
- ⇒ Registration required. Register with Member Services staff or on the Y website—www.ccaymca.org - "Online Account" for your class. Classes do fill quickly.
 - If a class fills you will be put on the Waiting list and the Y will contact you if space is available for you to attend.
- ⇒ All group land and water exercise classes are included in a Y Facility Membership!
Space is limited for all classes